

The Center's Mission

The mission of The Center of Anna Maria Island is to enhance the overall wellbeing of individuals of all ages, while preserving a sense of community through creative programs and partnerships

The Center's Promises to the Community

The Center's promises provide community team members with clarity and direction, support the fulfillment of The Center's mission and ultimately represent what The Center is known for to the members and community. Everything we do as a community center falls within one of these promises.

WE PROMISE TO

- Create a family friendly atmosphere that is fun, safe and social
- Offer healthy lifestyle programs and activities to all ages
- Provide experiences that are welcoming and stimulating
- Be a socially responsible member of the island community

Sports Program's Philosophy

The Center embraces a variety of sports for players of all ages. At this time, our sports programs include outdoor and indoor soccer, flag football, cheerleading, basketball and we are always willing to add more sporting opportunities. The Center's goal is to provide children a chance to practice teamwork, sportsmanship, and skills for each sport, while having fun and building friendships. The coach of a team is the key player in any child's motivation and learning, and that coach can provide a positive impact on a young person's life.

Volunteer Application

All first time coaches must fill out a Volunteer Form which ensures that The Center is able to provide a safe place for all families to participate in our programs. The form can be accessed and filled out under the Sports/Youth Sports tab on our website www.centerami.org. The Center reserves the right to access and rerun current and past coaches through the background check program at the beginning of each sports program and also terminate any volunteer coach.

Sports Program Staff

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Rules at a Glance

The below playing standards are to serve as guidelines for The Center of Anna Maria. Youth & Adult Flag Football Leagues.

Each age group will have its own set of rules along with equipment & field specifications. Our goal for youth flag football is to develop skills and knowledge, that they become more confident and comfortable as they grow while having as much fun as possible.

Our Adult program are adapted by the US Flag Football Policies & Guidelines. Our goal is to serve our community and provide adult recreation, exercise & fun.

Attire/Equipment

Team sponsor provided jersey must be worn.

Shorts with no pockets must be worn. If shorts have pockets, they can be sewn shut or worn inside out.

Cleats are allowed, **except for metal spikes**. Inspections may be made.

Youth and adult players must wear Center provided flags.

Hats may be worn, but if that hat has a bill, it must be worn backwards.

Mouth guards are not required, but they are encouraged.

Ball – Team can play with any ball of their choosing (within reason). If a team chooses not to play with a ball they want to provide, a ball will be provided by The Center.

Equipment & Field Specifications

Age Division	4-5	6-7	8-10	11-14	Adult
Ball Size	See Above & Below	See Above & Below	See Above & Below	See Above & Below	See Above & Below
Field Size	Small Field	Small Field	Big Field	Big Field	Adult Field
Players	5	5	5	5	5
Game Length	Skills & Drills followed by organized scrimmages	Skills & Drills followed by organized scrimmages	2 – 20 Min Min Halves	2 – 20 Min Min Halves	2 – 20 Min Min Halves
Half Time	3 Mins	3 min	3 min	3 min	3 min
Overtime	N/A	N/A	See Below	See Below	See Below
Officials	No	No	1	2	2
Scores Kept	No	No	Yes	Yes	Yes
Play Clock	No	No	30 Seconds	30 Seconds	30 Seconds
Coaches on Field	Yes	Yes	Yes	No	No
Rushing the QB	No	No	No	Yes	No
Substitutions	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage

*The Center flag football rules below

Age Division Breakdown

4-5 Year Old Division:

- Play 5v5
- First 20 mins will be skills & drills with coach as a team followed by organized scrimmage for remainder of the time slot.
- Use any ball of choosing. "Mini" size suggested and will be provided.
- Will not keep score or be officiated. Run by coaches.
- No rushing the QB.
- No "no run" zones.
- 3 plays to get to mid field, then 3 plays to score.

6-7 Year Old Division:

- Play 5v5
- First 20 mins will be skills & drills with coach as a team followed by organized scrimmage for remainder of the time slot.
- Play 2 15 min halves, 3 min half time.
- Use any ball of choosing. "Mini" size suggested and will be provided.
- Will not keep score or be officiated. Run by coaches.
- Will not keep score or be officiated. Run by coaches.
- No rushing the QB.
- No "no run" zones.
- 3 plays to get to mid field, then 3 plays to score.

8-10 Year Old Division:

- Play 5v5
- 20 min Halves
- Use any ball of choosing. "Peewee" or "Junior" size suggested and will be provided.
- Coach on the field.
- No rushing the QB. 7 second pass clock.
- Follow Center Flag Football Rules.

11-14 Year Old Division:

- Play 5v5
- 20 min Halves
- Use any ball of choosing. "Junior" or "Intermediate" size suggested and will be provided.
- Follow Center Flag Football Rules

Adult Division:

- Play 5v5
- 20 min Halves
- Use any ball of choosing
- Follow Center Flag Football Rules

The Center of AMI Flag Football Rules

The Basics

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, **except turnovers**, start on the offense's 5-yard line.
- Teams change sides after halftime.
- Teams must field a minimum of 4 players at all times.
- Games time structure can be found above. Games have a running clock except for the last minute of each half where clock will stop at each dead ball.
- If the score is tied at the end, teams move directly into overtime. Two overtimes only and the 2nd overtime the teams must go for 2 point conversion. If score is still tied at the end of the overtime periods, the game will end in a tie.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Officials can stop the clock at their discretion.

SCORING

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line) or 2 points (played from 12-yard line)

Safety: 2 points

RUNNING THE BALL

- The quarterback (person who receives snap) cannot run with the ball across the line of scrimmage.
- Offense may use multiple handoffs behind the line of scrimmage.
- "No-running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations, Passes must be made over the line of scrimmage. **This rule does not apply to the 4&5 / 6&7**
- The player who takes the handoff can throw the ball from behind the line of scrimmage or run (if not in a no-run zone).
- Once the ball has been handed off, all defensive players are eligible to rush from anywhere on the field.
- Spinning is allowed, players cannot leave their feet to avoid a defensive player in a forward motion (no diving to avoid defender). You can leave your feet when going side to side or backwards.
- The ball is spotted where the ball carrier's hips are when the flag is pulled, not where the ball is. On touchdowns ball and hip must cross the end zone line.
- No laterals or pitches of any kind are allowed past the line of scrimmage.

RECEIVING THE BALL

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

PASSING THE BALL

- Shovel passes are allowed.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the 7 seconds play is dead, loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- You may not lateral the ball behind the line of scrimmage (except for Adult Division). In Adult Division, that will kill the 7 second clock.
- If a pass is deflected and the QB catches it, the play is still live.

DEAD BALL

- The ball must be snapped between the legs, not off to one side, to start play.
 - Substitutions may be made on any dead ball.
 - Play is ruled “dead” when:
 - Ball carrier’s flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier’s knee hits the ground
 - Ball carrier’s flag falls out and is touched by a player of the defense.
- Note: There are no fumbles. The ball is spotted where the ball hits the ground.

RUSHING THE QB (11-14 & Adult Division ONLY)

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- Any number of players can rush the quarterback. Players not rushing the quarterback may defend at the line of scrimmage.
- Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage.
- Remember, no blocking or tackling is allowed.
- **Foot-to-Foot Rule** – If an offensive player is standing on either side of the center and are making contact with the center, the rusher must rush outside of the offensive player.

Once a team is ahead by 21 points, there will be NO RUSHING ALLOWED.

Mercy Rule will occur if a team is up by 17 points under 2 minutes left in the game and if they are up by 34 with 5 minutes left.

PENALTIES

All penalties will be called by the referee(s).

DEFENSIVE

Offsides - 5 yards and automatic first down

Interference - 10 yards and automatic first down

Illegal Contact - (holding, blocking, etc.) 10 yards and automatic first down (assessed from the end of play)

Illegal Flag Pull - (before receiver has ball) 10 yards and automatic first down (assessed from the end of play if catch is made)

Illegal Rushing - (starting rush from inside 7-yard marker) 10 yards and automatic first down

OFFENSIVE

Illegal Motion - (more than one person moving, false start, etc.) 5 yards and loss of down

Illegal Forward Pass - (pass thrown beyond line of scrimmage) 5 yards and loss of down

Blocking – (moving around a ball carrier) 10 yards and Loss of down (assessed from the spot)

Impeding The Rush – 10 yards and loss of down

Pass Interference - (illegal pick play, pushing off/away defender) 10 yards and loss of down

Flag Guarding/Jumping - 10 yards (from Spot of foul first down will count if applies) and loss of down

Delay of Game - Clock stops, 10 yards and loss of down

* Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage unless otherwise noted.

*Coaches may choose to decline “Penalty Yardage” but “Automatic 1st down” or “loss of down” remains.

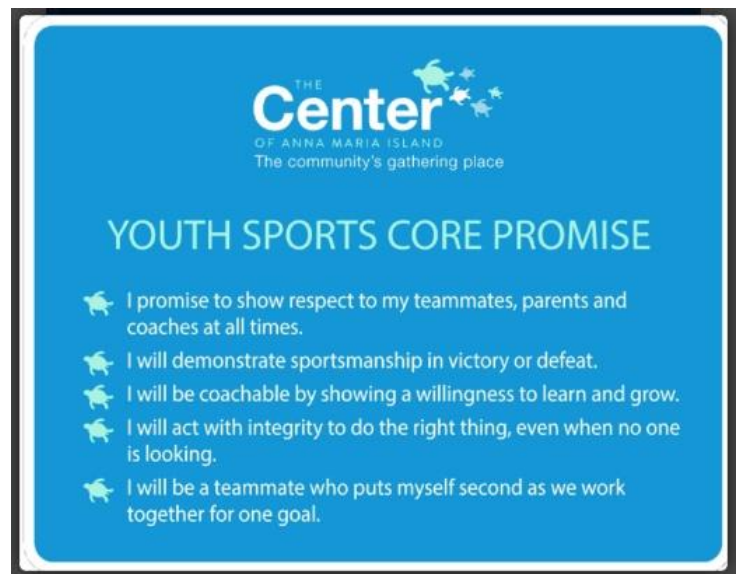
*Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

*Games cannot end on a defensive penalty, unless the offense declines it.

Note: There are no kickoffs, and no blocking is allowed.

PRATICE TIMES (at The Center): Practice times are available on The Center fields. You must reserve your field time by either calling the front desk or contacting Tuna McCracken or Marissa Brink directly.

SPORTSMANSHIP: If the field monitor or referee witnesses any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player(s), coach or parent involved will be ejected from the game or removed from The Center. Fighting/aggressive physical contact will warrant immediate ejection and suspension from current and future programs. **Any and all unsportsmanlike conduct will not be tolerated.**



WEATHER CANCELLATION: When bad weather is looming, Center staff will make a cancellation decision by 4:30PM and communication will go out ASAP. In the result of a weather cancellation, games will be rescheduled to a later date and be communicated to all participants.

PLAYER ADDITION/REPLACEMENT: Player addition/replacement will always go through The Center staff and will follow the guidelines below.

- *Player Addition* – Player addition to set rosters will be done by The Center staff, at their discretion. These decisions will be only be made if fair situations and decision will reflect what’s best for the program as a whole with parody and program equity in mind.
- *Player Replacement* – In the event that a player is a situation where they can no longer participate in the league, The Center staff will work to find an appropriate and fair replacement. In divisions where a player draft has taken place, the player replacement must be an “even or lesser” skill level swap. The Center staff will first look to the Player Waitlist to find the replacement and then search other avenues if necessary. Once a player replacement is found, The Center staff will put the replacement up to a coach/captain vote where majority vote (1 more than half of the participants) will decide. The Center staff will have final say if necessary. Replacement players must be added prior to Playoffs beginning and must participate in one regular season game.
- *Temporary Subs (Adult division only)* – Because of program co-ed rules, teams are allowed to find temporary subs if all female players on their roster are unavailable. This sub can be from another team or outside of the league’s roster of players. This applies to the regular season and playoffs. However, in the playoffs, the player subbing must be of equal or lesser skill level and must be agreed upon by The Center staff and the opposing captain. Male roster players cannot be temporary subbed for another player in any situation.

Coaching Responsibilities

As a volunteer, you have a variety of responsibilities you are obligated to while taking on the task of coaching. Sports coaches are extensions of The Center Recreation staff and therefore expected to conform under the same rules as The Center staff. As a coach, you are responsible for the following:

- Communicating with parents/players - Providing them with information of games and practices and also any news or noteworthy items communicated by Center staff.
- Help build character as well as skills- Being successful on and off the field/court.
- Teach the fundamentals of the sport.
- Encourage the involvement of the parents in the sport.
- Be enthusiastic.
- Communicate with Center staff about any issues you may have.
- Be a role model.
- Teach & implement The Center's Youth Sport's Core Promises.
- HAVE FUN!

PLAYING TIME: ALL PLAYERS should play the same amount of time, if possible (injury, player decision etc.). We are a recreational league and our number one goal, above all, is that every player enjoys their time in the program and wants to come back. A big component of that is the kids having an equal opportunity and that cannot take a back seat to winning. Even if a player cannot make it to a scheduled practice, they still get equal playing time.

SPORTSMANSHIP: *"I will demonstrate sportsmanship in victory or defeat"* is a core promise that all of our players agree to prior to each game. All coaches have the responsibility to maintain that promise before, throughout and after a game with their team and themselves, no matter the outcome.

COMMUNICATING TO PLAYERS/REFEREES/STAFF: As a coach, you need to be aware of how you are communicating with players. Games are exciting and emotional, without doubt, but at the same time we have to be conscious about how we interact with our players. There's a difference between being loud so our players can hear us with both positive and constructive feedback and just screaming at our players. Just keep in mind, every player is different and what works with some players is discouraging for others. You all have a HUGE impact on this program and these players. The same rules apply to referees, scorekeepers and staff. If you have questions/issues, please calmly approach referees/staff for understanding or resolution. Often times your players will reflect the same attitude that you carry throughout the game.

ASSISTANT COACHES/SIDELINES: We encourage you to find help for the duration of the season. Assistant coaches are invaluable. The more, the merrier. But please keep in mind that we have a limited amount of space on our sidelines and because of that, only the Head Coach and ONE assistant coach will be allowed in the designated player/coaches area of the sidelines during games.

"All a kid needs is a little help, a little hope and somebody who believes in them."

-Magic Johnson